

Walk'n Talk—February, 2018

Brought to you by
**Havasu
Healthy Striders**



**The Healthy Striders
Committee:**
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Connie McDaniel

Visit the HCHF website
for more information
about the first three
activities in the

**Community
Corner**

**Get on
Your Feet!**



Under the umbrella of
**Havasu Community
Health Foundation**

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Vol.11, Issue 02

February 2018

Spring Into Health is just about a week away!! We have so many activities to offer: Zumba, a High Intensity workout, Zumba Strong, MBT Bike Ride, a 4 mile run or walk, a guided hike, Yoga and a kids run and obstacle course! There is something for everyone of all ages. If you have never tried one of these activities, now is your chance!

One registration allows you to choose one or all activities.

Get a team together and make a challenge to do as many activities as you can. You can sign up online (www.havasucommunityhealth.org) or at the Havasu Community Health Foundation (94 Acoma Blvd. Suite 101) or call for more information (928-855-5000).

Community Corner

**“Spring into
Health” Feb
11th, 2018!!**

**Saturday walks
are now at
7:00 a.m. in
front of the swim
area at Rotary
Park.**

Walker of the month Michael Slettebo

Michael Slettebo is our walker for February. He is 55 years young and has been married to his high school sweetheart and best friend Jenny for 35 yrs!!! That is awesome!!! He still remembers the first day he saw her at school!! They have 2 beautiful daughters (yes they are!) and 4 wonderful grandchildren. He moved from Chino, California, in the summer heat of 1989. He has been employed by the Lake Havasu City Wastewater Division for almost 23 years.



Michael says exercise is a bit of an addiction for him that he feels more people should experiment with. He loves being outdoors and says Lake Havasu has so much to offer if you just get out and see it while walking, hiking or his favorite, bicycling. His goal is 5-6 days a week of exercise.

Michael tries to mix up the type of exercise he does to keep it fresh. He does road biking, mountain biking, running on or off road, swimming at the aquatic center or lake, and hiking in the desert or mountains with his human training partners, Jenny or Alex, or his chocolate lab Pebbles.

Michael says his primary health issue that exercise has helped him with is weight control and circulation. His father lost both of his legs late in life primarily from poor circulation from being sedentary.

Michael has a saying that he passes on, “more out than in” meaning burn more calories while working out than you take in each day. It’s never too late to start a workout program; you just have to start!! So as Michael says, Lake Havasu has a lot to offer so take advantage of it and **“Get On Your Feet”!**



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